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A Summary of Current Program 7/1/62
and Preliminary Report of Progress
for 7/1/60 to 6/30/62

CONSUMER AND FOOD ECONOMICS

RESEARCH DIVISION

of the

AGRICULTURAL RESEARCH SERVICE

UNITED STATES DEPARTMENT OF AGRICULTURE

This progress report of U.S.D.A. and cooperative research is primarily a tool for use of scientists and administrators in program coordination, development and evaluation; and for use of advisory committees in program review and development of recommendations for future research programs.

There is included under each problem area in the report a brief and very general statement on the nature of the research being conducted by the State Agricultural Experiment Stations and the professional manpower being devoted by the State stations to such research. Also included is a brief description of related work conducted by private organizations. No details on progress of State station or industry research are included except as such work is cooperative with U.S.D.A.

The summaries of progress on U.S.D.A. and cooperative research include some tentative results that have not been tested sufficiently to justify general release. Such findings, when adequately confirmed will be released promptly through established channels. Because of this, the report is not intended for publication and should not be referred to in literature citations. Copies are distributed only to members of Department staff, advisory committee members and others having a special interest in the development of public agricultural research programs.

This report also includes a list of publications reporting results of U.S.D.A. and cooperative research issued between July 1, 1960, and June 30, 1962. Current agricultural research findings are also published in the monthly U.S.D.A. publication, Agricultural Research. This progress report was compiled in the Consumer and Food Economics Research Division, Agricultural Research Service, U.S. Department of Agriculture, Washington 25, D. C.

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TABLE OF CONTENTS

	Page
Introduction	ii
Area No. 1 Food Economics and Diet Appraisal	1
Area No. 2 Tables of Food Composition	14
Area No. 3 Family Economics	20
Line Project Check List	26

INTRODUCTION

Consumer and Food Economics Research is concerned with food economics, diet appraisal, the compilation of tables of food composition necessary for such appraisals, and family economics. More specifically, it includes surveys of the kinds, amounts, and costs of food consumed by different population groups and the practices of families in the purchase and household use of various foods; nutritional appraisal of diets and food supplies; surveys of the quantities of goods and services used for family living by rural households, and the quality of housing they occupy; special studies of clothing and household textile use by families; and studies of family financial management practices. To facilitate improvement of the dietary situation, rural levels of living and home management practices, informational aids are prepared such as food budgets, dietary guides, and other materials to help families make the most advantageous use of their money and time resources.

Adequate data relating to food consumption and dietary levels and levels of living of rural families are important in agricultural policy and program evaluations. Data from the 1955 Household Food Consumption Survey were used extensively, for example, in the interregional research project that analyzed policies for expanding the demand for farm food products in the United States, and they were used in developing the food stamp plan instituted in eight pilot areas in 1961. Surveys also provide benchmarks, measure progress, and help identify population groups with diets or levels of living most in need of improvement. In the 1930's, when a large-scale survey was made, a third of the diets were classed as "poor"; by the same standards, only a little over a tenth (13 percent) were found to be "poor" in 1955.

Survey data, with information on food and home management practices, are used for nutrition and consumer education and for market analyses. Food budgets, for example, based on latest nutritional recommendations and latest information on food consumption are used for these purposes. The low- and moderate-cost food plans of the Department of Agriculture formed the basis for the development of the "food at home" component of the 1960 revision of the City Workers' Family Budget published by the Bureau of Labor Statistics. The food plans are widely used by welfare agencies.

Reliable food composition values are essential for appraisal of diets and food supplies and for developing educational materials to help in dietary planning and food selection. A simple food guide has been developed which translates research findings on the nutritive value of foods and nutritional requirements into a practical plan for food

selection. The number of servings suggested from each of four broad food groups go a long way toward providing for the nutritional needs of most individuals. This food guide, available in a colorful leaflet, "Food for Fitness, A Daily Food Guide," has been widely reproduced and adapted for use in textbooks, bulletins, and other material needed by teachers, extension workers, nutritionists, and others concerned with nutrition and health.

Another service that has proved helpful to extension agents, teachers, and other professional workers interested in family and food economics and home management has been the bringing together and interpretation of current economic materials in Family Economics Review. Approximately 6,500 copies of the four issues published each year are distributed throughout the country. An Outlook issue summarizes the contributions of concern to home economists made at the Annual Agricultural Outlook Conference.

Directly or indirectly, the results of this research help all families in the United States achieve better living.

The Consumer and Food Economics Research Division's research in 1961-62 was conducted in Washington, D. C., except for work on three projects under contract or cooperative agreement equivalent to 1 or 2 man-years. Of the total professional 38 man-years in 1961-62, 17 were engaged in research related to food economics and diet appraisal conducted by the Food Economics and Diet Appraisal Branches of the Division, 11 to tables of food composition conducted by the Diet Appraisal Branch, and 10 to family economics conducted by the Family Economics Branch. A survey statistics staff provided its services to each of the branches.



AREA NO. 1. FOOD ECONOMICS AND DIET APPRAISAL

Problem. Adequate information about food consumption and dietary levels is essential to effective consumer education especially in nutrition, market analyses, and agricultural policy and program evaluations--both to provide benchmarks and to measure progress. Needed are periodic surveys of the kinds, amounts, and costs of food consumed by different population groups, practices of families in the purchase and household use of specific foods; and nutritional appraisals of diets and food supplies. To facilitate improvement of the dietary situation, suitable source material such as food budgets and dietary guides based on advancing knowledge about food and nutrition should be developed for use in nutrition education programs, particularly with teenagers, low-income families, and older people whose diets are known to be most in need of improvement.

USDA PROGRAM

The Department has a continuing long term program involving nutritionists, home economists, family economists, and statisticians engaged in applied research in food economics and diet appraisal. Most of the research is conducted in Washington, D. C., or occasionally under cooperative arrangement with the State Experiment Stations (currently one such cooperative agreement is underway at the Minnesota Agricultural Experiment Station), or under contracts with universities or private firms. Two such contracts, one with the University of California and one with a private firm were completed during the report period.

The Federal scientific effort devoted to research in this area in 1961-62 totaled 17.0 professional man-years. Of this number, 7.0 man-years were devoted to food consumption and dietary levels of households; 0.7 to food consumption and dietary levels of individuals; 1.0 to nutritive value of national food supply; 1.4 to food management practices; 2.6 to development of food budgets; and 4.3 to basic data for food and nutrition programs.

RELATED PROGRAMS OF STATE EXPERIMENT STATIONS AND INDUSTRY

State Experiment Stations in 1961 reported a total of 2.7 professional man-years divided among subheadings as follows: food consumption and dietary levels of households--2.0, carried out in the North Central and Southern Regions; and food management practices--0.7, carried out in the North Central Region.

Industry and other organizations, especially food trade groups, prepare materials for nutrition education, often based on primary data from the Department or other Government agencies but adapted to the audience served by the organization. Surveys of the diets of individuals within households are made as part of nutritional and epidemiological studies, but they seldom provide quantitative data for all foods consumed in sufficient detail to permit appraisal of diets in terms of all major nutrients; or the collected data are not published but are used by educational or public health workers to guide their programs. Average expenditures by universities, private or professional organizations, and trade groups often deriving their support from medical, educational, or nutritional foundations, from National Institute of Health funds, or from private business, are estimated as equivalent to approximately 20 man-years.

REPORT OF PROGRESS FOR USDA AND COOPERATIVE PROGRAMS

A. Food consumption and dietary levels--nationwide surveys of households.

1. Analysis and interpretation of data on household food consumption and dietary levels. Information on the nutritive value of the food consumption of households based on the 1955 survey data, already published in scattered sources, together with new tabulations and analyses, has been summarized in Report No. 16 of the 1955 Household Food Consumption Survey series, "Dietary Evaluation of Food Used in Households in the United States," November 1961. Average family food supplies for a week in 1955 were sufficient to provide more than the National Research Council's recommended allowances for calories and eight nutrients for which values were calculated. However, many households (48 percent) had diets that did not fully meet the allowances in one or more nutrients. In diets that fell below these recommended quantities in any one nutrient, calcium or ascorbic acid was most likely to be in short supply; the diets of about 3 out of every 10 households failed to meet the recommendations for calcium and those of 1 in 4 provided less than the recommended amounts of ascorbic acid. Very few households, however, had diets that failed to provide at least two-thirds of the recommended allowance in any nutrient--only about 1 in 10 fell below that level in calcium or ascorbic acid.

"Food Consumption and Dietary Levels of Households of Different Sizes," Household Food Consumption Survey 1955, Report No. 17 is in press. Food consumption patterns for households of 2, 3, 4, 5, and 6 or more persons are shown by income level for the North and South, and for urban, rural nonfarm, and farm groups.

These data were also used to derive estimates of per person food cost differentials in large and small families attributable to economy of

scale for use in estimating the cost of food in the U.S. Department of Agriculture food budgets for families of various size. Compared with a 4-person family, food expenditures in 5- and 6-person families were found to be about 5 and 10 percent less per person, respectively, and those of 3- and 2-person families 5 and 10 percent more per person. The differential for a 1-person family was relatively greater--at least 20 percent above the per person figure for a family of 4.

An investigation of family size and composition differences in food consumption measured in terms of income-expenditure elasticities has been completed at Michigan State University. The study was based on observations selected from the urban portion of the 1955 Household Food Consumption Survey furnished under a memorandum of understanding with Michigan Agricultural Experiment Station. The results indicate that the assumption of a single income elasticity for all household types which has been employed in most recent demand projections is not warranted. The results also suggest that some of the recent changes in historical per capita food consumption series which have been laid to changes in "tastes" may be due, in fact, to changes in the distribution of household types and in the age-sex composition of the population.

Progress has been made on two other analyses of survey data on household food consumption. One relates food consumption and dietary levels to the education of the homemaker. In the other the data are being examined in terms of the permanent income theory which postulates that consumption tends to be a function of permanent or expected income, and that measured income tends to consist of a permanent component plus or minus a transitory component that is uncorrelated with the permanent component and with consumption. This theory is being tested by using tenure and value or rent of dwelling units to rank or cluster families. Estimates of average income are then derived that represent average permanent or expected income of the families in these clusters or subsets and such average income is related to food consumption. The evidence emerging implies that the transitory component of income tends to bias downward the coefficient of elasticity of food consumption with respect to measured income of families, and that estimates thus derived tend to understate the difference in food consumption between the poor and the rich in the economy.

2. Variability in household food consumption. Because of interest in information on quantities of foods used by high consumers as well as average consumers high consumption estimates were made for some 60 foods used by persons in the United States based on data from the 1955 Household Food Consumption Survey. High consumption was defined in terms of the ninth decile--the figure dividing the highest 10 percent of the consumers from the lowest 90 percent. For the major food groups the amount consumed per person in "high consumption"

households was 1.5 to 3.5 times as much as in "average consumption" households. Ratios for many separate food items within the broad food groups were somewhat higher. For example, for processed milk the high was 9 times as much as the average. For any one food group, the ratio of high to average consumption was about the same in all regions, even when average consumption varied considerably from region to region.

Variability measures have been computed by income, by household size, by region, and by urbanization for various foods and nutrients. These will be of assistance in the planning and designing of new food consumption surveys.

B. Food consumption and dietary levels--area or special-purpose surveys of family or institutional households.

1. Food consumption and dietary levels of selected low-income population groups. Because nationwide surveys have indicated that older people and low-income families are more apt to have poor diets than most other household groups, a survey was made of Selected Old Age and Survivors Insurance Beneficiaries in Rochester, New York in the spring of 1957, which focused attention on this group. Only 1- or 2-person households were included in the study. A report on the dietary findings, in preparation, includes, in addition to the customary descriptions of the nutrient content of diets and evaluations of their adequacy, a discussion of calorie averages and of diets as related to certain health factors, to the use of vitamin preparations, and to national origins. Descriptions of certain characteristics of these households and of their marketing practices have been published.

2. Effects of food distribution programs on diets of needy families. Food surveys conducted in two pilot areas in which the Food Stamp Program has been tested provided evidence on the extent to which food consumption is increased and diets improved as a result of the program. These surveys were conducted cooperatively with the Marketing Research Division, Economic Research Service, in Detroit, Michigan and Fayette County, Pennsylvania in April-May 1961, before the program was instituted and in September-October several months after it had been in effect. In April-May just under 30 percent of the families who were later to participate in the program had diets fully meeting the allowances recommended by the National Research Council for eight nutrients. In September-October nearly 50 percent of the participants in Detroit and nearly 40 percent of those in rural Fayette County had diets meeting the recommendations.

A small survey was made in Baltimore, Maryland to study the food consumption of families receiving federally donated foods before and after the list of such foods was expanded. The results of this study,

as well as a detailed report showing the effects of both the food donation and food stamp programs on food consumption and dietary levels in Detroit and Fayette County, is in preparation.

C. Food consumption and dietary levels of individuals.

1. Food consumption of individuals related to economic and social factors. Household survey data do not normally provide information on how the available food supply is shared by individual members. Yet systematically organized data on the quantities and nutritive value of different foods eaten by persons in various age-sex groups would provide a better basis than now exists for effective nutrition education, for the development of food budgets for these groups, and for the forecasting of food consumption patterns as the age distribution of the population changes.

Work is being undertaken on food consumption and nutritive content of diets of individuals. A systematic review and summarization of quantities of food consumed is being made through a cooperative agreement with the Minnesota Agricultural Experiment Station. A similar review of the nutritive content of the diets of individuals is being made by Washington staff.

2. Diets of business and professional men, 1953 and 1954. A report on the findings on the food and nutrient intake and certain physiological measurements for 123 men in their fifties is in press. The study was conducted in cooperation with the School of Medicine of the University of Minnesota. In addition to listings for individual men, summarization of the dietary and selected physical characteristics will be presented for the men as a group and in relation to three levels of serum cholesterol. The study also provided some of the material for an evaluation of different techniques for collecting food data reported in a paper, "Practical Procedures for Dietary Surveys," given at the 3rd International Congress of Dietetics, London, England, July 1961.

D. Nutritive value of national food supply.

The nutrient content of the per capita food supply is calculated and published each year, using data on retail weight quantities of food as developed by the Economic Research Service. This series, with estimates extending back to 1909, is the only source of data on year-to-year changes in the nutrient content of the U.S. per capita food supply. Although such changes appear small, a comparison of amounts available in 1961 as compared with the base period (1909-13) suggests a continuation of some longtime trends in the nutritional picture of the U.S. food supply--a decrease in food energy (calories), an increase in fat, and a decrease in carbohydrate. Calcium, iron, and the B vitamins, thiamine, and niacin are maintaining a level above

the base period. Vitamin A and ascorbic acid, however, have declined from the high level reached in the forties to about the earlier base period level. Nevertheless, despite some downward trends, we have an abundant and varied supply sufficient to meet the nutritional needs of the population.

Enrichment of grain products, begun in 1941, has been a major reason for the increase in iron, riboflavin, and two other B vitamins, thiamine and niacin. In 1948, 1950, and 1954 the Bureau of the Census conducted surveys on "Use of Synthetic Vitamins and Iron in Cereal Food Enrichment" for the U.S. Department of Agriculture's use in the preparation of estimates of the nutritive value of the U.S. food supply. Arrangements have now been made with Census for a new "Survey of Enrichment and Fortification of Foods" that not only will bring up-to-date information on cereal enrichment but will include for the first time questions on the amount of ascorbic acid, vitamin A, and vitamin D values added to selected foods.

E. Food management practices.

1. Use and discard of food in households. Information on the kind, amount, and nutritive value of foods used and discarded in households has been obtained in a series of small studies. Results of these studies will help to evaluate survey data on household food consumption. Since there was little experience in obtaining this kind of information, methodology had to be developed as the studies progressed. A pilot study of urban households in St. Paul, Minnesota in 1958-59 (cooperative with the Minnesota Agricultural Experiment Station) was followed by one in DeKalb County, Missouri (cooperative with the Missouri Agricultural Experiment Station) in which a random sample of farm households participated. Another segment of these investigations has been conducted in Los Angeles, California under contract with the University of California at Los Angeles. In these studies, detailed day-by-day records were used. To test the feasibility of a shorter method of obtaining information on discard of food during a 7-day period, a study using "recall questions" was made in winter 1960 with a random sample of over 300 households in Minneapolis-St. Paul.

In the first pilot survey of 62 households in St. Paul discard of edible food accounted for a loss of 7 percent of total calories and a drop in the proportion of calories furnished by fat from 42 to 40 percent. In terms of food groups greatest caloric loss was from meat, poultry, and fish with 18 percent of potential calories discarded from these foods. Next in order were fats and oils with 9 percent; smaller losses were found for vegetables and fruit, grain products, eggs, dairy products, and sugars and sweets. The data from the other studies are now being processed and analyzed.

2. Household practices in handling and storing of frozen foods. To obtain information necessary to help families improve their food management practices and to cooperate in a departmentwide study of the quality of frozen foods, surveys of household practices in handling and storing of frozen food were made, under contract, in two cities--in Baltimore, Maryland in September 1959 with a repeat visit to the same households in January 1960; and in Indianapolis, Indiana in July 1960 with a repeat visit in January-February 1961. Households provided information on the length of time frozen food was held in home storage, and the temperature of the compartment in which frozen food was being held at the time of the interview. In the Baltimore survey, separate data were obtained for frozen fruits, vegetables, and juices; in Indianapolis information was also obtained on frozen baked goods, and meat, poultry, and fish. A report on the findings has been prepared and submitted for review and clearance.

F. Development of food budgets--individual, household, institution.

Regular pricing of the family low-cost, moderate-cost, and liberal food plans are published in Family Economics Review on a quarterly basis for the U.S. average and on an annual basis for the regions and the low-cost food plan for the South. Each plan gives suggested quantities of food that will meet nutritional needs for each of 17 age and sex groups and for women during pregnancy and lactation so that household or population totals may be obtained.

The low- and moderate-cost food plans formed the basis for the development of the "food at home" component of the 1960 revision of the City Workers' Family Budget published by the Bureau of Labor Statistics. Regional preference patterns in the selection of specific foods within the group totals were furnished to the Bureau of Labor Statistics for the computation of trends in food costs.

Estimates of the cost of food in the economy food plans formed part of the essential background material used in developing pilot food stamp programs in eight areas in the United States. The economy plan is a guide for helping families plan a nutritionally adequate diet for a cost (in 1961) of about \$4.50 per person per week.

A technical report explaining the development of the food budgets, "Family Food Plans and Food Costs," has been completed and is in press. Another in the series of popular publications on food management has been prepared and approved, "Food for the Young Couple." A publication, "Family Food Budgeting--for good meals and good nutrition," designed to help families of all sizes is also being prepared.

Work is in progress on a revision of Handbook No. 16, "Planning Food for Institutions." An evaluation of the present manual in the light

of their needs has been made by a number of dietitians with institutional food service experience. Because the food purchasing guide seemed of greatest importance, emphasis currently is being given to the revision of this section.

G. Basic data for food and nutrition programs.

An important aspect of nutrition research is the interpretation and application of research findings to practical problems of food selection in relation to health. An ongoing program of work includes assembling and interpreting available information on nutritional needs, food consumption, and nutritional value of foods for use by nutritionists, teachers, health workers, and other leaders concerned with nutrition education programs. This information is made available through semitechnical publications and articles and through materials for direct use with families prepared in cooperation with information specialists.

Nutrition Committee News, a bimonthly periodical prepared for members of State nutrition committees and other workers in nutrition education provides a channel for disseminating pertinent information and for reporting nutrition education activities. For example, a recent issue, "Nutrition Education for Teenagers," described programs developed in three States and one in Nova Scotia. In another issue basic principles of food planning for fallout shelters were discussed. The author pointed out that consumer interest in planning for emergencies or other practical problems offers a good opportunity for teaching applied nutrition. Among other recent issues was one describing principles of planning and conducting nutrition programs with low-income families. This issue was prepared especially to help implement programs of direct distribution of food to needy families and food purchasable with Federal coupons.

A Nutrition Education Conference sponsored jointly by USDA through its Nutrition Programs Service and by the Interagency Committee on Nutrition Education was held in Washington, D. C., January 29-31, 1962. Information on current nutrition problems developed under this project helped to give direction to the program planning for this conference. Special emphasis was given to ways of interpreting and applying nutrition information in order to help establish good food habits among children. Conference participants, numbering nearly 300, included nutritionists, health workers, school personnel, representatives of food industries, and of other groups in a position to influence children's food habits.

Information developed under this program is provided to other groups both within and outside the Department working on practical food programs, on questions relating to nutritional requirements, food consumption, nutritional importance of specified foods, planning for

civil defense, and on nutrition education. For example, one staff member served with a Department task force concerned with world food deficits and food requirements. This work culminated in a report, "The World Food Budget, 1962 and 1966." Also developed by the staff was information requested by the Office of Civil and Defense Mobilization and published by USDA, "Family Food Stockpile for Survival."

PUBLICATIONS REPORTING RESULTS OF USDA AND COOPERATIVE RESEARCH

Food Consumption and Dietary Levels--Nationwide Surveys of Households

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Consumer and Food Economics Research Division. 1961. Data on high and average food consumption per person. Radiological Health. 2(3): 119-122.

Consumer and Food Economics Research Division. 1961. Food costs decrease with age. White House Conference on Aging, Fed. Council on Aging, 1961. Chartbook. p. 35.

Grossman, E. 1961. High consumption of foods. Family Economics Review. March. pp. 5-7.

LeBovit, C. 1961. Family diets change. Family Economics Review. June. pp. 9-11.

LeBovit, C., Cofer, E., Murray, J., and Clark, F. 1961. Dietary evaluation of food used in households in the United States. Household Food Consumption Survey 1955, Rpt. No. 16. 55 pp.

Murray, J. H. 1960. Per person food cost differential in large and small families. Family Economics Review. Sept. pp. 3-4.

Murray, J. H. and Clark, F. 1960. Nondurable goods and services (comments). Proc. of Conf. on Consumption and Saving 1: 461-469. Univ. of Pennsylvania.

Food Consumption and Dietary Levels--Area of Special-Purpose Surveys of Family or Institutional Households

Adelson, S. F. 1962. The food stamp program and its effect on family diets. Family Economics Review. June. pp. 9-13.

Consumer and Food Economics Research Division. 1962. The food stamp program--an initial evaluation of the pilot projects. Agr. Market. Serv. Rpt. No. 472. 37 pp.

Reese, R. B. and Adelson, S. F. 1962. Food consumption and dietary levels under the pilot food stamp program, Detroit, Michigan and Fayette County, Pennsylvania. Agr. Econ. Rpt. No. 9. 17 pp.

Food Consumption and Dietary Levels of Individuals

Adelson, S. F. 1961. Practical procedures for dietary surveys.
Proc. 3rd Internat'l. Cong. of Dietetics. pp. 158-163.

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Cofer, E. S. and Friend, B. 1962. Trends in the consumer price index for food during the past decade. Family Economics Review. June. pp. 12-15.

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Consumer and Food Economics Research Division. 1961. Percentage of total nutrients contributed by major food groups 1960. Supplement for 1960 to Agr. Handbook 62, Consumption of Food in the U.S. p. 18.

Consumer and Food Economics Research Division. 1960. Nutritional review. Nat. Food Sit. Nov. pp. 5-6.

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Consumer and Food Economics Research Division. 1961. Cost of proteins in special foods other than dairy products. Table 15. The Dairy Sit. p. 36.

Food Management Practices

Adelson, S. F., Asp, E., and Noble, I. 1961. Household records of foods used and discarded--a pilot study in St. Paul. Jour. Amer. Dietetic Assn. 39(6): 578-584.

Development of Food Budgets--Individual, Household, Institution

Clark, F. and Cofer, E. S. 1962. A short method for calculating nutritive value of food issues. Jour. Amer. Dietetics Assn. 40(4): 301-307.

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Consumer and Food Economics Research Division. 1960. Food and your weight. Home and Garden Bul. 74. 30 pp.

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- Hill, M. M. 1960. "Do-it-yourself" posters teach nutrition. Nutrition Committee News. Nov.-Dec. 4 pp.
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AREA NO. 2. TABLES OF FOOD COMPOSITION

Problem. Reliable food composition values are needed for appraisal of diets and food supplies, as background for many different types of research in foods and nutrition, for developing educational materials to help in dietary planning and food selection, for use in production planning for this and other countries, for developing programs of food distribution, and in formulating regulatory programs.

USDA PROGRAM

Continuous research is conducted into the world's scientific and technical literature on the composition of foods--over 150 journals in addition to numerous special reports being reviewed by the staff of nutritionists. For 70 years tables of data for certain nutrients in foods have been published by the U.S. Department of Agriculture. Each new publication reflects advances both in food analyses and in knowledge of nutritional needs--nutrients being added as information on their presence in foods and human requirements for them become available. Also reflected are advances in technology of preparing and marketing food and augmented facilities for fast transportation.

The Federal scientific effort devoted to work in this area conducted in Washington, D. C., in 1961-62 totaled 11.0 professional man-years, distributed to the commodity groups as follows: citrus and sub-tropical fruits, 0.6; dairy products, 0.4; deciduous fruits and tree nuts, 0.9; grain products, 1.7; livestock, 3.2; oilseeds and peanuts, 0.2; potatoes, 0.1; poultry, 0.7; vegetables, 1.7; other and multiple commodities, 1.5.

RELATED PROGRAMS OF STATE EXPERIMENT STATIONS AND INDUSTRY

State Experiment Stations do not report any of their work in this area.

Industry and other organizations. Tables of food composition prepared by food trade groups or by individuals for publication in textbooks for nutrition and dietetics usually represent secondary uses or modifications of USDA tables or present analyses of a special type of food. The analytical data developed by industry, both published and unpublished, are often made available for inclusion in the ongoing compilation basic to the development of the USDA tables. The estimated average annual expenditures for compiling food composition data equal about 1.0 man-years.

REPORT OF PROGRESS OF USDA AND COOPERATIVE PROGRAMS

Data review has been completed for a revised edition of Agriculture Handbook No. 8, "Composition of Foods...raw, processed, prepared." This edition will have nearly 2,500 food items as compared with 751 items of the preceding edition, and upwards of 45,000 separate compositional values. For many foods, data will be provided for different forms--raw, cooked, canned, frozen, milled, dried, instant, dietetic, etc. The new publication will have, in addition to other constituents, data for protein, fat, carbohydrate, five vitamins (vitamin A, niacin, riboflavin, thiamine, ascorbic acid), six minerals (calcium, phosphorus, iron, sodium, potassium, magnesium). Explanatory notes for foods and nutrients will be added for users of the tables. Information on cholesterol and fatty acids will also be included.

A. Citrus and subtropical fruits.

Data for about 40 citrus and other subtropical fruits will be included in the new edition of Handbook 8. For many of these foods sufficient data were available to permit classifying by variety or type, market form--raw, canned, frozen, juice, pulp--or other characteristic. The total number of citrus and subtropical fruit items for which data will be included in the revised Handbook 8 will be close to 140.

B. Dairy products.

Composition data for about 100 items of milk and predominantly milk products will be included in the revision of Handbook 8. In addition to cows' milk at both 3.5 and 3.9 percent fat, data will be included for goat, reindeer, and human milk. The list of cheeses will be expanded to 16 and will include 3 processed cheeses and 2 types of cottage cheese. A number of baby foods and soups which contain varying proportions of milk products will be included as well as several mixed dishes containing milk products, such as cheese fondue and various beverages.

C. Deciduous fruits and tree nuts.

Special attention has been given to bringing together and summarizing all data available on the deciduous fruits commonly used in this country, and all data available for the tree nuts to be used here. The new edition of Handbook 8 will contain information for deciduous fruits and fruit products subdivided on the basis of factors affecting content of nutrients. In the case of apples, for example, data will be shown separately for fresh and for stored

apples. Other apple products in the table will be canned, dehydrated, dried, frozen, and apple juice. A total of about 90 deciduous fruit items will be included. Berries, grapes, and other types of fruit and their products will add some 70 items to the table.

Tree nuts and their products for which data will be included in the new edition total about 25 items.

D. Grain products.

About 435 items of grain, grain products, and their preparations will be included in the revision of Handbook 8. In addition to the major grains and flours which were listed in the previous edition, there will be new processed or prepared products including cake, pie, cooky, and roll mixes, on both the dry and prepared bases, and some frozen or chilled cakes, cookies, and pies. The list of breakfast cereals will be expanded to some 60 items including the ready-to-eat kinds and hot cereals, the latter both uncooked and cooked. Many baby foods and some soups containing grain products will also be included.

Rice and its products will account for about 25 of the total number of items in the grains group. There is a dearth of up-to-date reliable information on their composition, especially the mineral composition of rices of various types and forms.

E. Livestock.

A major expansion of the number of meats and meat products will be made in the revision of Handbook 8. Data will be included for about 175 beef items and beef products. For beef carcass, the composition of six market grades will be shown in the new tables. Retail cuts, trimmed to the retail basis, will be reported for the two most important grades, choice and good, and for each grade as raw and as cooked meat. Data will be given for separable lean and separable fat tissue so that these can be combined in any desired proportions for individual needs. This will provide for variations from the average in retail trimming, and additional trimming in the home.

Data for pork will be shown in a similar way with similar subdivisions but the major classifications will be on the basis of fatness (fat, medium, and thin) rather than market grade. Fresh and cured pork items will amount to 130. Veal will also be classified by fatness rather than grade, over 30 items will be included.

Lamb will be reported under three grades, prime, choice, and good, with detailed information on the four major cuts trimmed to the retail basis. A total of 60 items will be included.

In addition to the major classes of meats, data on most of the edible organs (64 items) will be given, many both raw and cooked. A total of some 40 sausages, cold cuts, and luncheon meats will be included. Data for reindeer, venison, and a few other small game animals will also be reported (12 items). Miscellaneous mixed dishes including home-prepared and frozen dishes and dinners will be shown.

F. Oilseeds and peanuts.

Ten oilseeds and peanuts will be included in the nearly completed revision of Handbook 8. With their various products, the total number of items in this category will be about 60. This will include 3 classes of peanut butter with different amounts of added ingredients, peanut spread, 17 salad dressings, and 22 soybean products.

G. Potatoes.

Data for potatoes will be included under five major subheadings, raw, cooked, canned, precooked dehydrated, and frozen, in the revision of Handbook 8. Data for potatoes cooked according to 10 different methods of preparation will be listed separately. Data for flake and granule "instant" potatoes will be shown for the dehydrated and for the ready-to-serve forms. A few soups and baby foods containing potatoes will also be included in the new edition of the tables.

H. Poultry.

The list of poultry items will be considerably expanded for the revised edition of Handbook 8. More kinds of poultry and more detail under each kind, especially for chickens will be included. The data for chickens will be subdivided by class (fryers, roasters, etc.), and by raw and cooked. The new table will include about 60 items. Turkey items will be subdivided by age and fatness--birds, medium-fat, and fat mature birds--and insofar as possible will include raw and cooked forms. Because of the limited information available, the number of items will be about 30. Duck, goose, guinea, and pigeon will be included but with less data.

For eggs, 18 items will be listed. These will include raw, cooked, and dried chicken eggs as well as raw duck, goose, and turkey eggs. Some baby foods and soups containing appreciable proportions of poultry and eggs will be included.

I. Vegetables.

An extensive search has been made for data available on the composition of vegetables and products prepared from them. Some 80 vegetables (exclusive of potatoes) will be included in the revised Handbook 8. The data have been subdivided and will be presented in terms

of over 400 items on the basis of the various factors found to be related to differences in values of important nutrients. These subdivisions will include processing methods, such as canning, freezing, drying, cooking; stage of maturity (lima beans, tomatoes); type (sweetpotatoes); and variety (squash)--if these factors significantly affect the composition of the vegetable. Many baby foods and some soups largely of vegetable content will be included.

J. Other foods.

A number of food items that are not classified under the previously discussed food groups will be included in the revision of Handbook 8.

The largest group in this category will consist of fish and shellfish. There will be 227 items in this class, including raw, canned, frozen, smoked, and cooked items. Sugars, sirups, and candies will account for 55 items, the list of candies alone will have been expanded to 35. Other miscellaneous foods in this category will include chocolate and cocoa, 13 items; beverages, carbonated and not carbonated, 11; alcoholic beverages, 8; baking powders, 10; plate dinners, 3; rennet powder and desserts, 4; yeast, 4; seaweeds, 5; and salt, starch, chewing gum, mustard, etc., 10.

PUBLICATIONS REPORTING RESULTS OF USDA AND COOPERATIVE RESEARCH

Consumer and Food Economics Research Division. 1960. Calculating the nutritive value of diets...a manual of instructions for the use of punch cards for machine tabulation. ARS 62-10. 38 pp.

Consumer and Food Economics Research Division. 1960. Nutritive value of foods. Home and Garden Bul. 72. 30 pp.

Leung, W.-T. Wu. 1962. Problems in compiling food composition data. Jour. Amer. Dietetics Assn. 40(1): 19-22.

Watt, B. K. 1962. Concepts in developing a food composition table. Jour. Amer. Dietetics Assn. 40(4): 297-300.

AREA NO. 3. FAMILY ECONOMICS

Problem. Levels of living of rural families, often substantially lower than those of urban families, can be described in part by the quantities of goods and services they use for family living and the quality of housing they occupy. Periodic studies describing the situation from time to time and showing the adjustments families make to economic change in their use of money and other resources are needed to facilitate the development of programs to improve levels of living, especially in underdeveloped areas. Family living surveys and other types of family economic research provide background information for consumer education and family living outlook reports. Data on quantities of clothing and household textiles used and the frequency with which they are replaced are needed in development of budgets and in delineating those groups for which demand for agricultural fibers might be expanded.

USDA PROGRAM

The Department has a continuing long term program involving family economists, home economists, and statisticians in basic studies of family living expenditures of rural families and of their home-management practices, and the development of source material for consumer education and of information on the current family living situation and outlook. Most of the research is carried out by Department staff in Washington, D. C. Local surveys are usually conducted under cooperative arrangements. Thus the studies conducted in Georgia, Kentucky, Ohio, and Texas were cooperative with the Agricultural Experiment Stations in those States. Research is sometimes carried out under contract as, for example, the study in North Carolina conducted by a private firm under contract.

The Federal scientific effort devoted to research in this area in 1961-62 totaled 10.0 professional man-years. Of this number 6.4 were devoted to rural family living studies; 0.6 to family financial management; 0.3 to clothing economics; and 2.7 to the development of rural family living and outlook reports.

RELATED PROGRAMS OF STATE EXPERIMENT STATIONS AND INDUSTRY

State Experiment Stations in 1961 reported a total of 8.2 professional man-years divided among subheads as follows: family financial management--7.8 man-years, and rural housing economics--0.4 man-years.

Industry and other organizations, such as life insurance and household finance companies, prepare materials to aid families served by the organization in their financial management problems. Such guides

prepared by USDA are directed toward a much broader audience. The preparation of materials on family financial management by private business organizations is estimated as equivalent to approximately 4.0 man-years.

REPORT OF PROGRESS OF USDA AND COOPERATIVE PROGRAMS

A. Rural family living.

1. Nationwide studies. Several agencies within the USDA are cooperating with the Bureau of Labor Statistics in conducting the nationwide 1961 Survey of Consumer Expenditures covering urban, rural nonfarm, and farm populations. The Consumer and Food Economics Research Division had responsibility for 1) adapting for use with farm families the family living portion of the questionnaire used by BLS in urban areas, and for 2) developing plans for tabulation of farm data so that they may be combined with the rural nonfarm and urban data to provide regional and national averages for the total U.S. population.

This Division has cooperated with other USDA agencies in conducting regional and State training schools for field supervisors and interviewers, is performing the "professional" edit of all schedules collected by USDA, and is developing plans for analysis of the rural family living data. Collection of the data was completed in July 1962; basic tabulations of the data are scheduled to be completed in fiscal year 1963.

2. Area or special-purpose studies. A cooperative study sponsored by three divisions within USDA and the University of Illinois was conducted with a panel of about 400 farm operators in Central Illinois to determine which of several survey techniques result in the most accurate and complete reporting of income, savings, assets, and debts of farm families. The fifth and final wave of interviews was completed in March 1962; data are now being analyzed.

3. Rural area development studies. Two types of studies are being conducted in selected low-income rural areas to provide information that will be useful in the formulation and evaluation of programs designed to improve levels of living of low-income rural families.

The first type of study provides information on the total value of consumption, as well as the annual expenditures, of families residing in the open country. These studies conducted in selected areas of Kentucky and Texas provide the basis for comparing the levels of living attained by families engaged in full-time farming and those supported partially or entirely by income from nonfarm sources, and for comparing levels of living attained by families at various stages in the life cycle.

The final draft of the report on the Kentucky study has been completed and work has started on a draft of the report of the East Texas study. Tabulation of the data from the study in the Blackland area of Texas is about completed.

In the first two studies, it was found that the money value of consumption exceeded annual expenditures by nearly 50 percent for the average Kentucky family and by 30 percent for the average Texas family. This difference reflects in part the larger proportion of nonfarm families in the Texas area. Expenditures typically understate the money value of consumption by a wider margin for farm families than for nonfarm families because farm families produce a larger proportion of their food supplies. The studies also indicate that annual expenditures tend to understate the level of living more among families with low incomes than among those with higher incomes, among small families more than large families, among older families more than younger families, and among white families more than nonwhite families.

The second type of study provides information on the share of the gross earnings of an employed wife that is available for family use after deducting her various job-related expenses, including higher income taxes occasioned by the wife's earnings, and on what changes are likely to occur in home management practices as a result of her employment.

The bulletin on the first of such studies conducted in four small Georgia cities was published in February 1962. Tabulation of the data from urban and rural residents in selected areas of Ohio and North Carolina has been completed and work is progressing on the reports on these two surveys.

In Georgia, the 1957 earnings of employed wives ranged from \$388 to \$5,006 (before taxes), with an average of \$2,200. Adding the wife's earnings to those of her husband raised the after tax income of the families of employed wives from \$3,416 to \$5,210. The average income of husbands with nonemployed wives was \$4,164.

The average net earnings of employed wives amounted to about three-fifths of their total earnings. Directly related job expenses, such as transportation to and from work, meals at work, social security taxes, and higher family income taxes occasioned by the wife's earnings, took 27.9 percent of her total wages, extra hired help--8.4 percent, and additional clothing and personal care--4.8 percent. Wives with preschool age children netted less, on the average, than others because of extra costs for child care. A comparison of a few specified home management practices of employed and nonemployed wives showed, in general, smaller differences than might have been expected. They differed most, perhaps, in the extent of delegation of household tasks to paid help.

B. Family financial management.

Tables of service-life expectancy under one owner have been constructed for 11 selected household durable goods based on data collected for this purpose in a series of nationwide surveys. Data collected in May 1960 indicate that under current conditions of use electric refrigerators can be expected to serve their original owners 16 years and subsequent owners, 8 years; TV sets 11 and 6 years. In the fifth and final of this series of studies, conducted in May 1961, information was collected on automobiles, freezers, and electric clothes dryers.

A bulletin, "Helping Families Manage Their Finances," has been submitted for publication. It contains research based materials relating to family living expenditure patterns and the use and cost of credit for family living purposes. It is intended as a guide to personnel who counsel families on money management and is also expected to be widely used by home economics teachers and Extension staff.

C. Clothing economics.

A part-time staff member with responsibility for research in clothing economics joined the staff in 1962. Plans are being developed for constructing clothing budgets by 1) analyzing existing expenditure and inventory data collected on small-scale surveys and 2) making plans for special tabulations of clothing expenditures reported in the 1961 nationwide survey of consumer expenditures.

D. Development of rural family living and outlook reports.

Through its Family Economics Review, the Family Living Sessions of the Annual Agricultural Outlook Conferences, and the Chartbooks prepared for those conferences, the Division has prepared and disseminated research findings and information on current developments relating to family economics and household management to home economists in the Extension Service, to teachers, and to personnel engaged in counseling families on money management. During the past 2 years the Division has issued the Family Economics Review quarterly, planned three Family Living Sessions for the Annual Agricultural Outlook Conference held in 1960, four for the 1961 conference, and is currently developing the program for four sessions for 1962. Division staff prepared five papers for these sessions of the 1960 conference and two for 1961. In addition, the statement on the outlook for family living included in the paper presenting the Agricultural Outlook at the general session each year was prepared by Division staff.

PUBLICATIONS REPORTING RESULTS OF USDA AND COOPERATIVE RESEARCH

Rural Family Living

Rural area development studies

Consumer and Food Economics Research Division. 1961. Value of food consumed and household items used, averages per family, in two rural development areas, Kentucky 1956-57 and Texas 1958. Agr. Stat., 1960. p. 584.

Ellis, M. J. 1961. Charts on consumption-expenditure ratios among low-income families. HHE(Adm.)-216. 6 pp. Charts based on paper presented at Ann. Agr. Outlook Conf.

Ellis, M. J. 1961. Value of consumption: an improved measure of the level of living. Family Economics Review. June. pp. 3-8.

Ellis, M. J. 1960. The outlook for family consumption among low-income families. Paper presented at Ann. Agr. Outlook Conf. (Processed.)

Holmes, E. G. 1960. Employment of husbands and wives in low-income rural areas. Paper presented at Ann. Agr. Outlook Conf. (Processed.)

Holmes, E. G. 1962. Job-related expenditures and management practices of gainfully employed wives in four Georgia cities. Home Econ. Res. Rpt. No. 15. 40 pp.

Holmes, E. G. 1962. Paid services used by employed homemakers in Georgia and Ohio. Family Economics Review. June. pp. 5-9.

Holmes, E. G. 1962. Estimating net income of working wives. Family Economics Review. Mar. pp. 3-5.

McIntosh, M. B. 1960. The need for housing improvements. Paper presented at Ann. Agr. Outlook Conf. (Processed.)

Moore, J. 1961. Employment of husbands and wives in an Ohio city. Family Economics Review. Sept. pp. 8-10.

Pennock, J. L. 1960. Effects of changing incomes on family spending in a low-income rural area. Paper presented at Ann. Agr. Outlook Conf. (Processed.)

Pennock, J. L. 1961. Rural family housing expenditures. Paper presented at Ann. Agr. Outlook Conf. (Processed.)

Webb, L. M. 1960. The outlook for family living expenditures among low-income rural families. Paper presented at Ann. Agr. Outlook Conf. (Processed.)

Family Financial Management

Jaeger, C. M. and Pennock, J. L. 1961. An analysis of consistency of response in household surveys. Jour. Amer. Stat. Assn. 56(294): 320-327.

Jones, A. H. 1961. Financial problems of middle-income families. Proc. Seventh Ann. Conf. on Consumer Infor. St. Louis, Mo.

Jones, A. H. 1961. Guiding family spending. Proc. Money Management Workshop. Univ. Georgia.

Pennock, J. L. and Jaeger, C. M. 1961. More on replacement rates for household appliances. Family Economics Review. June. pp. 14-16.

Development of Rural Family Living and Outlook Reports

Consumer and Food Economics Research Division. 1960. Family living in low-income rural areas. Section 4 in 1961 Agr. Outlook Chartbook.

Consumer and Food Economics Research Division. 1961. Family living. Section 6 in 1962 Agr. Outlook Chartbook.

Consumer and Food Economics Research Division. 1960-62. Eight issues of Family Economics Review, ARS 62-5. Sept. 1960, 23 pp; Dec. 1960, 27 pp; Mar. 1961, 27 pp; June 1961, 28 pp; Sept. 1961, 19 pp; Dec. 1961, 30 pp; Mar. 1962, 26 pp; and June 1962, 23 pp.

Pennock, J. L. 1961. Estimates of value of household inventories on farms. U.S. Dept. Agr. Agr. Infor. Bul. No. 247. p. 12.

Webb, L. M. 1961. Supplies and prices of housing and household equipment. Paper presented at Ann. Agr. Outlook Conf. (Processed.)

Line Project Check List -- Reporting Years July 1, 1960 to June 30, 1962

Work & Line Project Number	Work and Line Project Titles	Work Locations During Past 2 Years	Line Project Incl. in	
			Summary of Progress	Area and Subheading
CFE 1	Food consumption and dietary levels			
CFE 1-1 (Rev.)	Nutritive content of the U.S. per capita food supply, 1909 to present	Washington, D. C.	Yes	1-D
CFE 1-2	Household food budgets	Washington, D. C.	Yes	1-F
CFE 1-3	Food consumption and dietary levels of selected low-income population groups	Washington, D. C.	Yes	1-B-1
CFE 1-4	Variability in household food consumption	Washington, D. C.	Yes	1-A-2
CFE 1-5(C)	Household practices in handling and storing of frozen foods	Washington, D. C. Indianapolis, Ind. Philadelphia, Pa.	Yes	1-E-2
CFE 1-6	Analysis and interpretation of data on household food consumption and dietary levels	Washington, D. C.	Yes	1-A-1
CFE 1-7	Food consumption of individuals related to economic and social factors	Washington, D. C. St. Paul, Minn.	Yes	1-C-1

Line Project Check List -- Reporting Years July 1, 1960 to June 30, 1962

Work & Line Project Number	Work and Line Project Titles	Work Locations During Past 2 Years	Line Project Incl. in	
			Summary of Progress	Area and Subheading
CFE 2	Appraisal of foods and diets for human nutrition			
CFE 2-1 (Rev.)	Development of basic information for food and nutrition programs	Washington, D. C.	Yes	1-G
CFE 2-2	Tables of composition and nutritive value of foods	Washington, D. C.	Yes	2-A through J
CFE 2-3(C)	Loss and discard of edible food in households	Washington, D. C. Los Angeles, Calif.	Yes	1-E-1
CFE 2-4	Effects of food distribution programs on diets of needy families	Washington, D. C. Detroit, Mich. Fayette Co., Pa. Baltimore, Md.	Yes	1-B-2

Line Project Check List -- Reporting Years July 1, 1960 to June 30, 1962

Work & Line Project Number	Work and Line Project Titles	Work Locations During Past 2 Years	Line Project Incl. in	
			Summary of Progress	Area and Subheading
CFE 3	Rural family expenditures and household management			
CFE 3-1	Development of family living and outlook reports	Washington, D. C.	Yes	3-D
CFE 3-2 (Rev.)	Determination of replacement rates for household durable goods	Washington, D. C.	Yes	3-B
CFE 3-3(C)	Family expenditures and household management practices related to the gainful employment of wives	Washington, D. C., Zanesville, Ohio, and Muskingum, Coshocton, Lick- ing, and Guernsey Counties in Ohio; Gastonia, N. C., and Cleveland, Lincoln, and Rutherford Counties in N. C.	Yes	3-A-3
CFE 3-4	Farm family expenditures as obtained from a continuous reporting system in Michigan	Washington, D. C.	No	
CFE 3-5	Rural family living in selected underdeveloped areas of Texas	Washington, D. C.	Yes	3-A-3
HHE 3-6	Rural family living in selected underdeveloped counties in Kentucky (discontinued April 1961)	Washington, D. C.	Yes	3-A-3
CFE 3-6	Survey methods for obtaining data on farm family income, savings, assets and debts	Washington, D. C. and Urbana, Ill., Logan, DeWitt, Macon, Christian, Shelby, and Moul- trie Counties, Ill.	Yes	3-A-2
CFE 3-7	Rural family spending patterns in 1961	Washington, D. C. and Denver, Colo., New Orleans, La., Athens, Ga., Columbia, S. C., Boston, Mass., Portland, Maine, Utica, N. Y., Oklahoma City, Okla.	Yes	3-A-1
CFE 3-8(C)	Inventories, acquisitions, and frequency of use of household textiles	Washington, D. C.	No	

